



Break Chains. Build Faith. Restore Men.

A Christ centered ministry for men who are tired of carrying everything alone. Built on scripture, brotherhood, and surrender.

THE DAILY 5

Five daily anchors for a restoring man

Prepared for the brotherhood

f33lg00d.xyz

"So if the Son sets you free, you will be free indeed." John 8:36

WHAT IS F33LG00D

A ministry for men being restored.

F33LG00D is a Christ centered ministry for men who are ready to stop pretending they are fine. Men carrying anger they were never taught to process. Men who were taught how to survive but never how to heal.

The name carries the mission. The 33 stands for the life and sacrifice of Christ. The 00 stands for starting from nothing, complete surrender, the place where God begins rebuilding a man.

We are not a group of men who have it figured out. We are men being restored. A F33LG00D man is not perfect. He is restoring. And he helps the next man up.

WHAT WE BELIEVE

- ✝ Christ restores broken men.
- ✝ Vulnerability is strength.
- ✝ Brotherhood is necessary.
- ✝ Scripture is our foundation.
- ✝ Surrender leads to freedom.
- ✝ No man is too far gone for redemption.

WHO IT IS FOR

- ✝ Men who grew up without guidance.
- ✝ Men carrying anger they do not understand.
- ✝ Men tired of pretending they are fine.
- ✝ Men trying to become better fathers and husbands.
- ✝ Men ready to surrender to Christ.

**You do not have to be perfect.
You just have to be willing.**

DAILY ANCHORS

The Daily 5 of a F33LG00D Man

Five simple anchors. Not a program. Not a checklist to feel good about. A daily rhythm that keeps a man grounded when life pulls at him.

1

SCRIPTURE

Even if only 10 minutes. Stay anchored.

2

PRAYER

Short and honest is better than long and fake.

3

DISCIPLINE

Do one hard thing daily. Workout. Self control. Responsibility.

4

BROTHERHOOD

Text one brother. Check in. Isolation starts small.

5

REFLECTION

Ask nightly: Where did I grow? Where did I struggle? Where do I need God tomorrow?

**A F33LG00D man does not drift.
He lives intentionally.**

"Iron sharpens iron, and one man sharpens another."

Proverbs 27:17